

Scottish National Championships, 29th June - 4th July 2004

						Splits			
						50m	100m	200m	400m
PHILIP	LLOYD	50	BREAST	32.65	Heat (Open)				
PHILIP	LLOYD	50	BREAST	32.40	Final (Open) 6th				
PHILIP	LLOYD	100	BREAST	1:11.18	Heat (Open)	33.21			
PHILIP	LLOYD	100	BREAST	1:11.53	Final (Open) 10th	33.50			
PHILIP	LLOYD	100	BREAST	1:11.42	Heat (Age Grp)	33.82			
PHILIP	LLOYD	100	BREAST	1:11.00	Final (Age Grp) 7th	32.92			
PHILIP	LLOYD	200	BREAST	2:35.09	Heat (Age Grp)	34.94	1:14.49		
PHILIP	LLOYD	200	BREAST	2:37.98	Final (Age Grp) 10th	34.84	1:15.69		
PHILIP	LLOYD	200	BREAST	2:36.08	Open	34.44	1:14.48		
PHILIP	LLOYD	50	FLY	28.45	Heat (Open)				
PHILIP	LLOYD	50	FLY	28.39	B Final (Open) 6th				
PHILIP	LLOYD	200	I.M.	2:19.00	Heat (Age Grp)	30.37			
PHILIP	LLOYD	200	I.M.	2:19.57	Final (Age Grp) 6th=	30.24			
PHILIP	LLOYD	200	I.M.	2:17.70	Heat (Open)	29.82			
PHILIP	LLOYD	200	I.M.	2:16.08	Final (Open) 5th	28.85			
IAIN	TOUGH	50	BACK	31.39	Heat (Open)				
IAIN	TOUGH	50	BACK	31.55	Final (Open) 8th				
IAIN	TOUGH	100	BACK	1:05.36	Open	31.86			
IAIN	TOUGH	100	BACK	1:05.46	Heat (Age Grp)	31.99			
IAIN	TOUGH	100	BACK	1:05.34	Final (Age Grp) 7th	31.62			
IAIN	TOUGH	200	BACK	2:20.10	Heat (Open)	32.10	1:06.95		
IAIN	TOUGH	200	BACK	2:19.41	Final (Open) 9th	32.55	1:07.56		
IAIN	TOUGH	200	BACK	2:19.78	Heat (Age Grp)	32.35	1:07.67		
IAIN	TOUGH	200	BACK	2:19.39	Final (Age Grp) 7th	31.95	1:06.50		
IAIN	TOUGH	50	FREE	26.38	Open				
IAIN	TOUGH	100	FREE	57.13	Age Grp	27.54			
IAIN	TOUGH	100	FREE	57.69	Open	27.33			
						50m	100m	200m	400m
ARIANNA	BEWICK	400	FREE	5:13.32	Age Grp	34.93	1:13.83	2:34.59	
ARIANNA	BEWICK	800	FREE	10:39.49	Age Grp				5:59.02
RACHAEL	DAVIDSON	200	BACK	2:55.06	Age Grp	41.35	1:25.99		
RACHAEL	DAVIDSON	200	I.M.	3:05.28	Age Grp	40.35			
RACHAEL	DAVIDSON	400	I.M.	6:19.85	Age Grp	42.47	1:30.58		
DEBORAH	MOORE	100	BACK	1:12.71	Age Grp	35.49			
DEBORAH	MOORE	50	FREE	28.90	Heat (Open)				
DEBORAH	MOORE	50	FREE	28.79	B Final (Open) 3rd				
DEBORAH	MOORE	100	FREE	1:01.66	Heat (Age Grp)	29.49			
DEBORAH	MOORE	100	FREE	1:02.08	Final (Age Grp) 8th	29.58			
DEBORAH	MOORE	200	FREE	2:16.21	Age Grp	31.02	1:05.66		
DEBORAH	MOORE	400	FREE	4:45.34	Age Grp	32.37	1:07.89	2:20.33	
DEBORAH	MOORE	800	FREE	9:44.64	Age Grp		1:08.64	2:21.34	4:48.99
EMMA	MOORE	200	BACK	2:49.09	Age Grp	38.97	1:21.64		
EMMA	MOORE	200	BREAST	3:19.06	Age Grp	45.81	1:36.49		
EMMA	MOORE	100	FREE	1:13.17	Age Grp	32.93			
EMMA	MOORE	200	FREE	2:28.96	Age Grp	32.67	1:10.69		
EMMA	MOORE	400	FREE	5:13.54	Age Grp	35.07	1:12.85	2:33.45	
EMMA	MOORE	200	I.M.	2:51.45	Age Grp	37.36			
REBECCA	THOMSON	100	BREAST	1:29.81	Age Grp	42.64			
REBECCA	THOMSON	400	I.M.	5:56.12	Age Grp	38.80	1:23.58		